

To be eligible to participate in sports at YMS or YHS, a sports physical is required to be done before the first day of practice. The sports physical may be done any time after May 1st. You will need to return the physical form, the parent consent form and the insurance information to your school's office prior to the first day of practice. You will then be given a Permit to Participate card for the year (blue card for YMS and yellow card for YHS). This card will then be turned into your coach the first day of practice. Please notify your coach of any medical conditions you are concerned about and that he/she should be aware of.

Health insurance is also required. If you do not have health insurance there is affordable student accident insurance that you can purchase. Forms are available at each school. Contact your school nurse with questions or concerns.

The most current summary of the major NSAA eligibility rules are available at:
<https://nsaahome.org/nsaaforms/pdf/elgposter.pdf>

****IMPORTANT****

PLEASE COMPLETE THE FOLLOWING PROOF OF HEALTH INSURANCE

Student Name: _____ Grade _____

Insurance Company Name: _____

Policy Number: _____

Please complete all forms and assure each page has a signature as indicated.